

Keep Moving Club Leaders, Walkers, and Friends

The *Keep Moving* Program improves the lives of people over age 50 by promoting physical activity to help prevent and postpone chronic disease, build healthy bodies and minds, and keep individuals socially connected. The *Keep Moving* Program is pleased to issue this newsletter *Footnotes* to let you know about program news, fellow clubs, tips on physical activity, nutrition, and healthy living. *Keep Moving* continues to grow. In this issue, we celebrate the East Longmeadow Morning Glory Walkers for 20 years of continuous walking!

As a walking club member, you are not only a part of your local club but belong to a network of more than 150 groups statewide totaling more than 3,000 members.

If you would like to start a walking group, have your group featured in future editions, or submit songs, poetry, recipes, club news or photographs, contact the Office of Healthy Aging using contact information on the last page of this newsletter. To find a walking club near you visit: www.mass.gov/dph/fch/elderhealth/index.htm.

FEATURED CLUB: Morning Glory Walkers, East Longmeadow, MA 20 Years and Going Strong!



Submitted by Jennie Wood

The Morning Glory Walkers of East Longmeadow, MA recently celebrated their 20 year anniversary! Known throughout the community for their fuchsia shirts or sweatshirts with logo and white pants, walkers can be seen strolling on any given Monday, Wednesday or Friday. The Morning Glory Walkers are a force to be reckoned with and is not just about walking. Club

members have a busy schedule which includes: attending business breakfast meetings at the Senior Center and birthday breakfast meetings at local restaurants. During the year they hold fundraisers such as Toys for Joy, sponsor an annual tag sale, participate in the Relay for Life, contribute to the American Cancer Society's annual daffodil fundraiser, stuff envelopes for the American Red Cross, and of course collect cans along their regular walk routes. Morning Glory Walkers donate the money raised to many local charities.

The East Longmeadow Morning Glory Walkers have their own song that really gets them moving!

The Walker's Song

(To the tune of the Battle Hymn of the Republic)

In the town of East Longmeadow
We go walking two by two
It keeps us fit and limber
It's the healthy thing to do
We're out there every Monday,
Every Wednesday, Friday too
As we go walking on!

Chorus:

We're the Morning Glory Walkers
We're the Morning Glory Walkers
We're the Morning Glory Walkers
As we keep walking on!

You will see us in the morning
Walking through your neighborhood
In our bright and cheerful colors
Being led by Jenny Wood
For three miles we keep on going
Just because we know we should
And we're still walking on!

Chorus:

We're the Morning Glory Walkers
We're the Morning Glory Walkers
We're the Morning Glory Walkers
And we'll keep walking on!

Some of the thoughts from the members of the Morning Glory Walkers, in their own words.....

"I joined the Morning Glory Walkers in the late 80's. Had just finished Chemo after having cancer and wanted to exercise. Joining the MGWs was a way to meet new friendly people and walking 3 times a week at least 2 or 3 miles. They also do fun things and are a great group of women. So proud to wear the MGWs colors." *B.F.*

"I really joined the MGWs by accident. I came into the center to sign up as a volunteer and ended up staying the day to help set up for their tag sale. Everyone was so friendly and outgoing. I felt like had known everyone for a long time. I couldn't wait to come back. Some of the girls suggested I come to a monthly meeting and the rest is history. I like the camaraderie and concern everyone shows for everyone else. I felt like the MGW.s are part of my extended family." *S.G.*

"Coming to the MGWs meetings, breakfasts, and just taking a walk in the fresh air is really an incentive for me to get up and out of bed most mornings. I really look forward to all the good wishes I received a while ago in a very sad time in my life and ever since the many cheerful and thoughtful wishes. We are a very noisy bunch but they try to help each other. On Monday, Wednesday and Friday they give me something to get out of bed for. So many more happy days I can't begin to tell you!" *J.O.*

Regional Walks, Rain or Shine!

That's what we say in the *Keep Moving* Program. Regional walks will be held, rain or shine! The weather in 2007 for many of our regional walks turned out to be on the damp side. Although the weather didn't always cooperate, the walker's spirits were not dampened. Walkers who joined us in our many and varied venues came with enthusiasm and left with a feeling of

accomplishment. They set new goals to increase physical activity by walking greater distances, meeting other *Keep Moving* associated clubs, making new friends, and enjoying the beautiful surroundings.

This past season's walks were held in Hopkinton State Park in Hopkinton/Ashland, Look Park in Florence, Bradley Palmer State Park in Topsfield, and the Greater Boston Senior Games held at the Harbor Campus of the University of Massachusetts in Boston. A memorial walk at Castle Island in South Boston for our former director, Jan Marble, was well attended by Jan's family, friends, walking clubs from throughout the state and many co-workers.

The regional walks were made possible through generous support from community leaders and club members. Blue Cross Blue Shield of Massachusetts provided scholarship funds to help defray the cost of transportation, water and gifts for the walkers.

YEAR IN REVIEW

Pictures from our regional *Keep Moving* walks

Jan Marble Memorial Walk 2008



Hopkinton State Park



Cape Cod Canal



Our other walks were: The Boston Senior Games, D. W. Field Park, Blackstone River and Canal, Look Park, Shining Sea Bikeway, Bradley State Park and Maudslay State Park.

Maya Mohan Joins the *Keep Moving* team



Maya Mohan is the Physical Activity Program Coordinator in the Nutrition and Physical Activity Unit at the Massachusetts Department of Public Health (DPH). She comes to DPH with 10 years of experience as a personal trainer. Maya has her bachelor's degree in exercise physiology and a master's degree in public health. She likes to go bike riding, read, play the piano, and cook. She makes time to walk in her daily schedule by getting off the subway a few stops farther away from the office and enjoys a quick walk to the Boston Commons/Public Gardens and back during her lunch break. Maya is a good source for information on physical activity and exercise. She can be reached at 617-624-6091 or by email: maya.mohan@state.ma.us.

Tufts Researchers Update Their Food Guide Pyramid for Older Adults

Tufts University researchers have updated their Food Guide Pyramid for Older Adults, now known as *MyPyramid*. The Modified *MyPyramid* for Older Adults has added additional guidance about the foods that could best meet the specific needs of older adults and about the importance of regular physical activity.

"Adults over the age of 70 have unique dietary needs," says Alice H. Lichtenstein, D.Sc., director of the Cardiovascular Nutrition Laboratory at the Jean Mayer USDA Human Nutrition

Research Center on Aging at Tufts (USDA HNRCA). “Older adults tend to need fewer calories as they age because they are not as physically active as they once were and their metabolic rates slow down. Nevertheless, their bodies still require the same or higher levels of nutrients for optimal health outcomes.

Added to the new pyramid is a foundation depicting physical activities characteristic of older adults, such as walking, yard work and swimming. “Regular physical activity is linked to reduced risk of chronic disease and lower body weights. Government statistics indicate that obesity in adults 70 years and older has been increasing. Physical activity is one way to avoid weight gain in later years and its adverse consequences,” says Lichtenstein. “In addition, regular physical activity can improve the quality of life for older adults.”

The Modified *MyPyramid* for Older Adults stresses the importance of consuming fluids by having a row of glasses as its foundation. “As we age there can be a disassociation between how hydrated our bodies are and how thirsty we feel, this can be of particular concern in the summer months,” Lichtenstein says. The authors note food and beverages with high water content, such as lettuce, vegetable juice and soups, are important contributors of fluid in an older person’s diet.

Emphasized in the Modified *MyPyramid* for Older Adults are icons depicting packaged fruits and vegetables in addition to fresh fruits and vegetables, these may be more appropriate for older adults. For example, bags of frozen pre-cut vegetables that can be resealed or single-serve portions of canned fruit. “These choices are easier to prepare and have a longer shelf life, minimizing waste. Such factors are important to consider when arthritis kicks in or dark, cold days mean it is less likely someone will go out to replenish their refrigerator stores,” Lichtenstein says.

Also included as an integral part of the Modified *MyPyramid* for Older Adults is a flag at the top suggesting that older adults may need certain supplemental nutrients. “The need for calcium, vitamin D and vitamin B12 can increase as we age and some people find it difficult to get adequate amounts from food alone, especially when calorie needs go down,” Lichtenstein says. “The flag at the top of the Modified *MyPyramid* for Older Adults serves as a reminder that some people may need to discuss this potential need with their health care providers. However, we continue to emphasize that the majority, if not all, of nutrients an older adult consumes should come from food rather than supplement.” The Modified *MyPyramid* for Older Adults is available at this web site: <http://nutrition.tufts.edu/docs/pdf/releases/ModifiedMyPyramid.pdf>.

A Tip for Healthy Walking: Eating healthy is a good beginning for any walker.

CLUB UPDATE CORNER: Please update your information!

Over the past year, many changes may have occurred in your clubs. Leaders change, contact information changes, etc. Please take the time to update your club’s information. We have been updating our Leader Training materials. We look forward to rolling out our new and improved *Keep Moving* Leaders Training. You may know people who would like to become walking club leaders. Refresh your leadership skills; learn the latest information to share with your fellow club members. Please complete the form on the next page and return to my attention.

Mail, fax or e-mail back to:

Ed Pomfred, *Keep Moving* coordinator, MDPH, 250 Washington St., 4th Floor, Boston, MA 02108
CALL: (617) 624-5972, TTY: (617) 624-5992, FAX to: (617) 624-5075
e-mail: edward.pomfred@state.ma.us

PLEASE PRINT:

Name of Walking Club: _____

Contact Person(s): _____ Tel.# _____

E-mail address: _____

Address: _____
Street

City

State

Zip code

Yes, I want to be included in a future Regional *Keep Moving* Leader's Training: _____

Please send me information on the next Regional *Keep Moving* Leader's Training workshop: _____

Future Regional Walks are now being planned. Do you have a favorite place to walk that you think other clubs would enjoy? Please share this information with me. I'll be glad to check out possible walk venues.

Suggested Walk Site for Regional Walk: _____



Were you there? Name this place? What date was the walk?

Hint: It's a picture from a Regional *Keep Moving* walk held in 2007. Two entries will be drawn and special *Keep Moving* prizes will be awarded. You only need one correct answer to be eligible for the drawing. But if you can answer both questions correctly you will be entered into the drawing for the *Keep Moving* Grand Prize. If you

know the answers to the questions above the photo, either mail or email your answers to the *Keep Moving* Director, Ed Pomfred: 617-624-5972 or edward.pomfred@state.ma.us.

Keep Moving is supported by Massachusetts Department of Public Health, Massachusetts Executive Office of Elder Affairs, Massachusetts Councils on Aging and Senior Center Directors, and Blue Cross Blue Shield of Massachusetts.

